

Useful
Hints

Woman and Home

Ethical
TalksBeauty's Enemy--Worry
(BY ANTOINETTE DONNELLY.)

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Are you one of those women who rather enjoy worries? Perhaps you may not want to admit it, but when I tell you that it is the consensus of opinion that worry is beauty's worst enemy, then you may take heed and "put on the shoe."

The curious thing is that, though many people realize that such failings as a tendency to extravagance, a habit of procrastination, a leaning toward untruthfulness are real enemies, they do not look upon worry as an enemy to be combated and routed.

Have you a supposed friend whom you often go out of the way to avoid because you know from experience you will be deluged with an endless train of ailments and worries? In response to your cheery "How are you?" she is likely to start out by saying, "Oh, just fairly well," and to go from this mild statement to "I just don't understand how any one can feel well with such weather and so much worry about hard times." She is one of those unfortunate women who imagine that all the worries of life have been manufactured solely for her—and I have no part in them.

Route the enemy, lest it rob you of that priceless possession, good looks! Give yourself a deliberate rest every day, and then say to yourself, "I won't give way to the worry habit. I won't meet troubles half way. If you don't reform, you will be as bad as the youngster who stopped at the top of the stairs and cried until mother came. Inquiry brought this explanation: 'I'm afraid I'm going to fall down stairs.' Sounds silly, I know, but the many stairs you meet in life will be giving you constant frights, and this attitude will bring the wrinkles and the dark circles, with resulting indigestion and ailments ad infinitum.

Take long walks. Talk about everything but your worries. As it were, close your eyes at the end of the day and shut up your troubles with it. Brain rest is just as necessary as bodily relaxation. And rest of both kinds is absolutely necessary to the preservation of good looks.

Antoinette Donnelly's Answers.

Eileen—This is a simple exercise for developing the calf of the leg: rise on tip toe, hold this position a few seconds, then lower the body. Do this alternately, first with one foot and then with the other, and finally with both. This is an excellent lotion for oily skin: orange flower water, six ounces; tincture of benzoin, one-half ounce; witch hazel, two ounces. Mix the witch hazel and the orange flower water, shake lightly, and add to the tincture of benzoin. Apply this wash with a piece of absorbent cotton night and morning.

Kathlyn—Any druggist will be glad to put up the formula for freckles. If you can not get the ingredients in your neighborhood drug store, why don't you try another one?

M. R. D.—This is excellent for making the eyebrows gray: yellow vasoline, two ounces; oil of lavender, fifteen drops, and oil of rosemary, fifteen drops. Mix thoroughly. After cleansing your face at night brush your eyebrows with a dry brush upon which a few drops of the tonic have been placed. Be careful not to get any into your eyes. The vasoline will in time make your eyebrows darker.

S. T. V.—Don't try to reduce your face; you will only make it flabby and wrinkled. There is nothing so pretty as a round, plump face glowing with health.

Charles—Diseases of the nervous system are, as a general rule, accompanied by troublesome perspiration. Excitement and weakness will cause excessive sweating. The first remedy, of course, is to overcome the run-down condition, and a good tonic is helpful. For profuse sweating in the axilla or the feet or hands take salicylic acid, fifteen grains, starch, one-half dram, and talcum powder, one ounce. Mix well and dust over the parts night and morning. Mild cases of perspiration may be benefited by bathing the affected part in a solution of hot water to which common baking soda has been added.

Dr. Brady's Health Talks
EXTRACTING THE GROWL.

Getting down to brass tacks. A good way to take the growl out of simple indigestion is to eat about an ounce of raw fish a few minutes after each meal. This is a good fish and looks worse, yet it proves remarkably efficacious in many cases. But look out for the tacks.

Everybody is always accusing us of trifling about health subjects. The basis and ground for the charges is that we don't prescribe many drugs and we do suggest a lot of queer treatments.

This cannibal crawl, as we think it should be called, is a treatment which has one virtue and a couple of drawbacks. The virtue is Hippocratic; it won't do any harm anyhow. The drawbacks are serious; first, one can't sell it by the bushel and second, it can't be taken in a glass of hot water. But otherwise the treatment is fairly commendable. We have heard very obstinate dyspeptics commend it with all the enthusiasm of a testimonial writer still under the influence of his last dose of mediocrity. And then, again, some dyspeptics have tried faithfully for as many as one or two different times and denounced it with all the vigor of an anti-dyspeptic. So you may take it or leave it, the crawl is the same.

The reason the cannibal crawl helps so much is that it enables the alimentary canal to assume for a while the general status of an anatomical wall. It helps to straighten out old, lazy kinks and prevent food stasis and fermentation.

And the reason we dub the new name the cannibal crawl is that it is beyond all doubt the commonest cause of simple indigestion, and a cannibal crawl instinctively forces himself doing this. If his conscience wouldn't hurt him, his stomach would. Excessive meat eating may suffer very little from pain of conscience, nevertheless they find the crawl a remedy which is not to be sneezed at.

(Notice to victims of chronic appendicitis, gallstones, duodenal ulcer and other surgical conditions masquerading as "indigestion." Don't try to crawl out of it; assume the relaxed, prone posture on the table and signal the young man in the white gown to start the crawl.)

Delightful Testimonial Writer—Just a belated line, writes W. R. H. to assure you how much we all enjoy your health talks at our house. One has a nose for pathology, while another appreciates especially the physiology and hygiene, but our appreciation of the

CHARMING EFFECT

Up-to-Date Garden Things



A new smock, pocketed and very cool, of fine handkerchief linen and laced with green braid—a daisy painted green straw hat with a black underbrim—a pretty flower stick and a flower pot with the new black and white effect.

literary excellence and piquancy of Health Talks is unanimous.

Reply—And the nicest part of it is that search as we might, there wasn't a request for a prescription or anything like that tagged to this pleasant message, from, as you must observe, a very discerning gentleman.

No, Girls, Not Enough—We are two high school girls. We are worried, because one of us has pain under the clavicle, constant pain across the chest, is easily fatigued, and coughs up sputum. Are not these symptoms of consumption?

Reply—No, probably not. Still, you never can tell what mode of onset tuberculosis may take. See your doctor without delay.

A PINK CREATION
Garden Chapeau

A pretty model of pink flowered crepe had an underbrim of blue tulle.

CANNOT SPARE MAN

War Department Declines to Assign Instructor to Signal Corps.

Replying yesterday to the request of Adjutant General W. W. Sale for the detail of First Class Sergeant Williams, of the Signal Corps of the United States Army, for duty as sergeant-instructor of the local Signal Corps company, the War Department, through the chief of the Signal Corps in this state, will leave for its first encampment next month. General Sale was especially anxious that it should have the benefit of the instruction of an efficient non-commissioned army officer, and it is pointed out that the War Department finds it impossible to make such a detail.

SENTENCE COMMUTED

Man Convicted of Horse-Stealing Must Remain in Henrico Jail.

The sentence of H. Albert Elly, who was found guilty of the theft of a horse and sentenced by Judge R. Carter Scott, of the Henrico Circuit Court, during the present term of court, to three years in the penitentiary, has been commuted by Governor Stuart to eighteen months in the Henrico County Jail. The petition asking for clemency was presented by Attorney James T. Lewis, and was signed by W. H. Brinkley, the man from whom the horse was stolen, and Frank T. Sutton, Jr., and L. H. Kemp, Commonwealth's attorney and sheriff of the county. Judge Scott also wrote the Governor a letter asking him to be as lenient as possible with Elly.

FINDS A CURE
FOR PELLAGRA

Harvey, La.—Mrs. S. W. Spruilell, of this place, writes: "I suppose it will be a great pleasure to you to know that you cured my child. She had pellagra very bad and the doctor said she never would get well. She is well of pellagra and looks fine."

"You may use this letter as a testimonial if you wish. Great benefit have you done my daughter, Mindie Abrams."

There is no longer any doubt that pellagra can be cured. Don't delay until it is too late. It is your duty to consult the resourceful Baughn.

The symptoms—hands red like sunburn, skin peeling off, sore mouth, the lips throat and tongue a flaming red, loss of appetite, nausea and vomiting, indigestion, constipation, either diarrhoea or constipation.

There is hope, get Baughn's big Free book on Pellagra and learn about the cure. Found Address American Commissioning Co., Box 3038, Jasper, Ala. Remembering money is refunded in any case where the remedy fails to cure.—Adv.

"BETTER ACQUAINTANCE"
PROGRAM IS ANNOUNCED

Merchants of South to Be Guests of Richmond Business Men.

DATES SET FOR AUGUST 10-21

Boat Trip to New City of Hopewell Will Be One of Interesting Entertainment Features—Committees Are Named.

Plans for "Better Acquaintance Week" are rapidly nearing completion. Committees have been appointed, and arrangements for all manner of entertainment are being made.

Round-trip railroad fares will be refunded to merchants from points within 150 miles of Richmond if they purchase as much as \$200 worth of goods from local merchants; from points between 150 and 250 miles if purchases amount to \$1,000; from points beyond 250 miles if purchases amount to \$1,500. One-half of the round-trip railroad fare will be refunded to merchants whose purchases aggregate one-half of the amounts named above for the respective zones.

DAILY PROGRAM OF SPECIAL EVENTS

The entertainment program is as follows:

Monday, August 16, 8:30 P. M.—Reception at Business Men's Club. Greetings, music, refreshments and social entertainment.

Tuesday, August 17, 8:30 P. M.—Assembly at Jefferson Hotel auditorium. Frank Stockdale, lecture on "Advertising and the Speed of Turnover."

Wednesday, August 18, 4 to 6 P. M.—Boat trip down the James to the new city of Hopewell, the site of the Du Pont Powder Works.

Thursday, August 19, 8:30 P. M.—Assembly on Richmond Hotel roof garden. A "Get Together Party," vaudeville, cabaret, music, refreshments, cool breezes and fun all the while.

Friday, August 20, and Saturday, August 21—Theater parties at Strand, Colonial and Lyric Theaters. Varied entertainment by individual districts, members of the trade extension bureau, luncheons, sightseeing trips.

W. B. Broadus, chairman of the executive committee of the trade extension bureau, has announced the following committees:

Headquarters—A. H. Felthaus, chairman; W. U. Ogletree, Stacy E. Garrett, E. N. Ezekiel, Percy W. Peay and John C. Scale.

Reception—J. T. Palmatary, chairman; M. M. Anderson, W. R. Northern, R. L. Powers, Charles E. Straus, Jr., W. D. Stuart, J. E. Woodfin, John C. Freeman, Ross B. Fendley, J. W. Rountree, J. G. Corley, G. Edmund Massie, C. B. Snow, Peyton Grimes and J. E. Fowler.

Publicity—Horace F. Smith, chairman; Woodson P. Waddy, Walter Holaday, James Whittier, W. A. Williams, Frank M. Davis and P. A. Seaton.

DELEGATES NAMED

Will Attend Meeting of Revenue Agents in New York City.

At a meeting of the local association of internal revenue agents of the Second District, held Monday afternoon in the offices of Collector R. C. L. Moncure, delegates to the annual convention of the National Association of Revenue Agents to be held in the Park Hotel, New York City, August 23 and 24, were elected as follows: Collector of Internal Revenue Moncure, Chief Deputy Thomas F. Meaney and Deputy Collector Robert Waddy. The delegates will go to the convention unaccompanied, and will take part in all the discussions pertaining to revenue matters generally, and will vote as the may see fit.

Colonel Daniel L. Porter, who is connected with the income tax division, is chairman of the executive committee of the national association. The Second Internal Revenue District has been represented among the officers of the national organization since its formation in Washington five years ago, the national convention since that time having been held in Detroit, Buffalo and Chicago. Last year returning to Washington, where the department was represented by the Commissioner of Internal Revenue, Deputy Commissioner Spier and the various chiefs of divisions. It was said yesterday that it is probable an effort will be made to have the next convention brought to Richmond.

Overtures have been made to Colonel Porter to accept the presidency of the national organization. It was announced in the local offices, but as he is out of town on official business, he could not be reached to obtain his views as to whether he would accept the honor.

Pariah Dismissed.

The case against J. M. Parrish, hailed into Police Court on a charge of allowing his son, a minor, to operate an automobile on the city streets, was dismissed yesterday by Justice Crutchfield, the court holding that the son should be held responsible in the Juvenile Court. Heretofore the parent has been called upon to answer in such cases.

DESCRIBE WEST COAST
TRIP AT AUDITORIUM

Governor Stuart, William T. Dabney and Major Bowles to Speak.

CHAMBER ISSUES INVITATIONS

Great Civic Rally to Be Held on Wednesday, August 4, in Commemoration of Eventful Journey to Pacific and Back.

In order that the city and State may hear from their own lips the story of the transcontinental journey made by Governor Stuart and his party and the Richmond Light Infantry Blues Battalion, and of the remarkable reception which was accorded them at San Francisco, San Diego and other cities through which they passed, the Chamber of Commerce yesterday invited Governor Stuart, Business Manager W. T. Dabney, of the Chamber of Commerce, and Major E. W. Bowles, commanding the Blues, to address a mass-meeting in the City Auditorium on Wednesday night, August 4.

The invitations were accepted, and officers of the chamber immediately began preparations to make the meeting one of community interest. Every civic organization has been invited, and seats in the gallery will be reserved for colored people, so that they, too, may imbibes something of the spirit which pervades the Chamber of Commerce to call this great rally.

GOVERNOR TO TELL OF IMPRESSIONS OF TRIP

Governor Stuart will tell of the impressions he received of agricultural conditions in the States through which he passed. For wherever he stopped he asked questions and obtained a vast fund of information which he believes will be of interest to the people at large. Mr. Dabney will give his impressions of the cities which he visited, and of their various forms of government, and Major Bowles will tell the people what the Blues did in the way of advertising Richmond from the deep water of the James to the Barbary Coast, and at the same time express the appreciation which every man of the battalion feels for the financial support given them by the city and the State.

The meeting will be presided over by President William T. Reed, of the Chamber of Commerce. The active cooperation of Mayor Auliffe, the City Council, and the Administrative Board has been asked, and the following organizations have been invited to attend in bodies: the Business Men's Club, Retail Merchants' Association, Real Estate Exchange, Travelers' Protective Association, Central Trades and Labor Council, the Advertisers' Club, the Rotary Club and the United Commercial Travelers.

BLUES TO ATTEND IN FULL-DRESS UNIFORM

All those embraced in the Governor's party on the long journey and the Blues will appear in full-dress uniform, and will be seated on the stage. The Blues will parade from their armory on Sixth Street to the auditorium, and it was suggested that every civic organization march with them as a home escort. The Blues will be accompanied by their band, and it is probable that another band will be engaged for the occasion. Seats will be reserved for all those who take part in the procession.

Ideal Sea Shore Resort
\$6.50 Week and Up.

Surf and inland bathing unsurpassed; boat, fishing, clam bakes, fish fries, free bowling, pool, etc. (30 miles on excellent power boat, 30c, children free); special fishing rates, ladies 25c, children free, men 30c—25 to 30 fish ordinary catch. Send for book let to A. H. G. MEARS, Wachapreague, Eastern Shore, Va.

cession. It was suggested that delegates of all organizations who have been sent to the Pacific Coast also take part in the mass-meeting, and that seats be given on the stage. Invitations will be extended to Potentate G. Jeter Jones, of Acca Temple of the Mystic Shrine, to have the Shriners take part in the parade, and to the delegates of the Rotary Club, if they return in time. The Rotary Club held its convention in San Francisco, while the Shriners went to Seattle, taking in the Panama-Pacific Exposition on their way back.

The Chamber of Commerce believes that the event will prove vastly interesting to all the people of Richmond, and all effort will be put forth to make it a community affair. The Blues are anxious to show in some way their deep appreciation of the generosity of city and State, which enabled them to visit the exposition, and Governor Stuart and Mr. Dabney believe they learned something on the trip which will be of value to the people at large. Much that they learned will be applicable to their native environs.

"It was the greatest advertising trip ever undertaken by Richmond people," said Mr. Dabney yesterday. "The Blues created a furore everywhere they went in San Francisco the people simply went wild over them, and I couldn't help shouting that I came from the same place. You see, I was afraid they wouldn't notice me if they didn't know that I was from Virginia, too. The very name of Virginia was an open sesame, and the people threw open their doors to us as if we were long-lost brothers. We simply carried the day, and the replica of Mount Vernon, set so far from the original, was the Mecca for thousands."

"I think it is due to the people that we tell them about our trip; that we let them know that Virginia still stands to the fore among the States, and that we attempt to impart to them the information we gathered through those 8,000 miles."

Following so closely upon the induction of a campaign by the Civic Association of Richmond to interest all the people in the matter of civic reform and to arouse a deeper and truer pride in their city, this mass-meeting, to be conducted with much the same very idea, will, it is believed, be of significant importance.

The Reinuch Co. Inc.

Third Day of
Our Unusual 6-Day Sale
WEDNESDAY Suits and Coats
July 28th

To-morrow must see the end of all our remaining stock of Suits and Coats. Assortments are somewhat broken, but you are sure of securing a big bargain if you make your selections early.

All Cloth Suits Reduced

Lot No. 1 reduced to.....\$5.00

Lot No. 2 reduced to.....\$10.00

The above lots contain every Cloth Suit in our stock, no matter what the former cost or selling price.

Special Palm Beach Suits at \$5.00
Reduced From \$14.75

Every Palm Beach Suit in our stock is included; natural and gray shades, also black and white and navy and white hairline stripes. All sizes up to 42 bust measure

All Coats Reduced

Lot No. 1 reduced to.....\$4.98

Lot No. 2 reduced to.....\$9.75

These prices don't represent 50c in the dollar of our original price. In the lot at \$9.75 are several garments formerly sold up to \$25.00.

Goods purchased by charge customers at this sale will appear on bill rendered September 1st.



The Children's Favorite

When it comes to selecting a delicious, wholesome breakfast food—leave it to the youngsters every time. They are all enthusiastic for Washington CRISPS—those nut-brown toasted CORN FLAKES with the natural corn flavor. And when you write out your order today for Corn Flakes, think of the children—make it read

Washington CRISPS
The Crispy Toasted Corn Flakes.

10 cents at your grocer's for the bigger box

Store Closes Saturdays at 1 o'Clock. Other Days at 5 P. M.

FOURQUEAN, TEMPLE & CO.

More Quality---But No More Price

More Downward Prices

ON HIGH
GRADE Undermuslins

Again this Underwear Section has been invaded and more value surrenders are yours for to-morrow.

Better and more choice items than previously offered go into this opportunity, so that in this lot the chances for savings and satisfaction are practically doubled.

Fine Gowns, Princess Slips, Drawers, Corset Covers, Combinations.

Be quick about your picking. This chance won't last.

\$1.50 Gowns now.....98c \$2 Gowns now.....\$1.29

\$2.50 Gowns now.....\$1.49 \$3 to \$3.75 Gowns.....\$1.98

75c Drawers now....48c \$1 to \$1.25 Drawers....60c

\$1.50 Drawers now....98c \$2.75 to \$4 Drawers....\$1.98

Princess Slips, in cotton and in silk; were \$3 each to \$5.50; now \$1.50 to \$2.75 each.

FOURQUEAN, TEMPLE & CO.